

### **Abstract of the Disclosure**

A pull exerciser includes a handle, a resilient cord including an end piece attached to an end thereof, and a positioning plate. The positioning plate includes several holes that allow passage of the end piece of the resilient cord through the 5 positioning plate. The positioning plate further includes several retaining slots each having a cord-receiving portion and a guiding portion. The respective cord-receiving portion has a diameter smaller than that of the end piece of the resilient cord. The respective cord-receiving hole is communicated with the outside via the respective guiding portion. The respective guiding portion includes 10 a reduced section having a diameter smaller than that of the resilient cord. The resilient cord extends through the handle and the respective hole, and the resilient cord is removably, forcibly inserted into the respective cord-receiving hole through the respective guiding portion.